

### Friendly Reminder

063023  
 MONTH DAY YEAR

**TRAINING HOUR COMPLIANCE IS DUE SOON**

Try clicking on one of the three training styles below to get started today!

[CLICK HERE](#)  
**Online Trainings**

[CLICK HERE](#)  
**Foster Parent Training Resources**

[CLICK HERE](#)  
**CALENDAR OF LIVE TRAININGS**

### Extension of Foster Care

EFC is a voluntary program for qualifying young adults up to age 21 that have aged out of DCS custody at age 18 or older.

Eligibility	Verification
Completing secondary education or program leading to an equivalent credential	• School letter confirming enrollment with expected completion date.
Enrolled in an institution which provides post-secondary or vocational education	• Verification of secondary education completion. • Letter of acceptance to post-secondary or vocational education program.
Employed for at least eighty (80) hours per month	• Verification of secondary education completion. • Employment letter on company letterhead • Weekly or monthly check stubs or statements.
Participating in a program or activity designed to promote or remove barriers to employment • Limited to one (1) year of eligibility	• Verification of secondary education completion. • Letter of acceptance on agency letterhead including program description and attendance dates. • Ongoing monthly verification of attendance.
Incapable of doing any of the above activities due to a medical condition, including a developmental or intellectual condition, which incapability is supported by regularly updated information in the Transition Plan.	• Clinical documentation verifying medical, developmental or intellectual condition. • Review and approval by DCS regional psychologist or nurse, Regional Administrator or JJ Director, and Director of Independent Living.

For more info, contact your regional DCS [Independent Living Specialist](#) or call **844-887-7277**.

**DCS TALKS**  
PODCAST

**DCS TALKS ABOUT THE INDEPENDENT LIVING PROGRAM WITH DIRECTOR, COURTNEY MATTHEWS**

IN THIS EPISODE OF DCS TALKS, COURTNEY MATTHEWS, THE DIRECTOR OF INDEPENDENT LIVING AT DCS IS INTERVIEWED. THE INDEPENDENT LIVING PROGRAM OFFERS HELP TO YOUTH WHO ARE IN FOSTER CARE AND WHO MAY "TURN 18 AND AS AN ADULT WILL" AGE OUT OF THE CHILD WELFARE SYSTEM. THESE SERVICES INCLUDE CREATING A PERSONALIZED TRANSITION PLAN WITH EACH CHILD THAT ADDRESS TOPICS SUCH AS EDUCATION, HOUSING, EMPLOYMENT, FINANCES, PHYSICAL AND MENTAL HEALTH. THE INDEPENDENT LIVING PROGRAM OFFERS HELP THROUGH SERVICES DESIGNED TO ASSIST YOUTH IN FOSTER CARE AS THEY WORK TOWARD SELF-SUFFICIENCY.

[Click here to listen to "Episode 50". Be sure to complete the form for training credit!](#)

### Meet Jessica!

Jessica is a high energy, talkative young lady who is looking forward to new adventures. She likes to play with her dolls and to have real tea parties as she discusses her outlook on future expectations, such as wanting to be a part of a dance class and learning gymnastics. Jessica enjoys one on one attention to learn how to do handstands, cartwheels and just spending time with others. Jessica is a "girly girl" who likes to dress up and wear the latest fashions. She loves the movie Frozen and likes to sing the songs from the movie. Her favorite thing is wanting to be a princess with a magic wand. Jessica plays "pretend" play and plays with peers. She is at her best when she is being helpful to others, as well as acting as the teacher's helper. She loves the idea of having a best friend and is empathetic to other children who need help.

[Click HERE to see Jessica's Video](#)

### POLICY

All parents must complete at least one trauma related training during the first year of fostering.

### Regional Foster Parent Support Group

#### Parental Attachment Styles

[CLICK HERE](#)

East - February 9, 5:30-7:30pm EST  
 Middle - February 21, 5:30-7:30pm CST  
 West - February 28, 5:30-7:30pm CST

### DID YOU KNOW?

If you have been an approved foster home for 3+ years, you can receive training credit for reading certain books and movies!

[Click HERE](#)

### Building Strong Brains

Available Class Options:

January 27    March 31  
 February 24    April 28

**\*Worth 2 Hours of Training Credit**  
**\*Fulfills Trauma Training Credit**

[Click HERE](#) for more details!

### Interested in becoming an assessment home?

[Click here for details](#)

### ANNUAL EDUCATION WEBINAR for Davidson Region

Feb. 23, 2023: 10-12 CST [CLICK HERE](#)

### ONLINE TRAINING

#### DCS PRACTICE MODEL INTRODUCTION

\*30 minutes of training credit

### Regional Intervention Program: Introduction to Understanding and Addressing Challenging Behaviors in Children

February 23, 2023  
 Start Time - 5:30 pm CST / 6:30 pm EST  
 \*1.5 hours training credit

[CLICK HERE](#)

### VIDEO Of the Month

[Click HERE](#)

**Practice Model Doug Model**

The DCS Practice Model: A Road Map To Success

### Regional Foster Parent Support Group

#### Helping Children Heal from Trauma and Loss

[CLICK HERE](#)

East - March 30, 5:30-7:30pm EST  
 Middle - March 7, 5:30-7:30pm CST  
 West - March 28, 5:30-7:30pm CST

### Why We Do It

the DCS Training Team!

### Moving from Empathy to Compassion Masterclass & Coaching Series: The Science of Self-Care and Well-Being in Child Welfare

All classes are 1:00-3:00 pm CST

Session 1: March 9  
 Session 2: March 15  
 Session 3: March 23  
 Session 4: March 29  
 Coaching and Support: April 5

Click the Dates Below to Register:  
[March 9](#) [March 15](#) [March 23](#) [March 29](#) [April 5](#)

Andrea Nash

Office of Training and Professional Development  
 - Foster Parent Curriculum Manager and Trainer

I became a trainer to empower and educate foster parents and staff so they can SEE the significant impact they have on the lives of children and families. Children in the child welfare system have complex needs that makes traditional parenting ineffective and requires caregivers to create a safe space and trusting relationship that can only come from trust-based strategies.

This work is incredibly important and DCS could not do it without well-trained foster parents providing quality care for our youth. I love my job as a trainer and curriculum writer and have been blessed to work with the best training team in Tennessee!

It is not only important that our participants are lifelong learners, but that I am as well, and one reason I am attending graduate school: Graduation in May 2023!

### Regional Intervention Program: Eight Strategies that Help Challenging Behaviors in Children

March 14, 2023  
 Start Time - 5:30 pm CST / 6:30 pm EST  
 \*1.5 hours training credit

[CLICK HERE](#)

### Parenting is more than a numbers game: it's a question of whether people are equipped for the toughest job they will ever be asked to do.

- David Lammy

### Tennessee Homeless Education Program: Information and Resources for Children Experiencing Homelessness

March 23, 2023  
 Start Time - 11:00 am CST / 12:00 pm EST  
 \*1.5 hours training credit

[CLICK HERE](#)

### TN DCS Welcomes TBRI

**TBRI**® TRUST-BASED RELATIONAL INTERVENTION®

But what IS TBRI?  
[CLICK HERE](#)

### BOOK DISCUSSION

You're invited to a **BOOK DISCUSSION** with **TIMBI** Talks About Addiction: Helping Children Cope with Parental Addiction.

March 28 - 11:00-12:00 or 5:30-7:30 CST

[Click HERE](#) for more details!

### WATCH THE VIDEO ABOVE TO LEARN MORE ABOUT TBRI

### Calendar for March

Click the links below to register

- 2/21 - Be the One
- 2/23 - Foundations of TBRI - Correcting
- 2/23 - Intro to Understanding & Addressing Challenging Behaviors
- 2/27 - Understanding & Responding to Developmental Trauma (Birth-4)
- 2/27 - Loving and Letting Go
- 3/2 - Building Strong Brains
- 3/6 - Cultural Awareness
- 3/14 - 8 Strategies that Help Challenging Behaviors
- 3/16 - Engaging and Parenting Teens
- 3/16 - Stewards of Children
- 3/18 - Creating Normalcy Through Prudent Parenting
- 3/21 - De-Escalation: Strategies and Techniques
- 3/23 - TN Homeless Education Program: Info and Resources
- 3/23 - Positive Parenting
- 3/28 - Timbi Talks about Addiction (11:00 am CST)
- 3/28 - Timbi Talks about Addiction (5:30 pm CST)
- 4/4 - Creating Normalcy Through Prudent Parenting
- 4/11 - Stewards of Children
- 4/13 - Erase the Stigma

### Tennessee Resources

[Map](#)

[CLICK HERE](#)

**AIMHITN**

### Regional Intervention Program: CARE (Child-Adult Relationship Enhancement)

May 16, 2023  
 Start Time - 5:30 pm CST / 6:30 pm EST  
 \*1.5 hours training credit

[CLICK HERE](#)

### HELPFUL LINKS

- Foster Parent Training
- Training Calendar
- Online Training
- Self-Care
- DCS Talks Podcast
- Child Welfare Resources
- Regional Training Contact
- DCS Listens Registration
- Birth Children Resources
- Unsung Hero of the Month